

**Substance Abuse Services Commission  
Meeting of June 10, 2015  
Cross State Office Building Room 400  
Augusta, Maine**

**ATTENDANCE**

**Members Present:**

Peter McCorison, Provider, Aroostook County, Chair for SASC  
Ann Dorney, MD, Physician in Private Practice  
Irene Laney, Clinician in Private Practice  
Bill Lowenstein, Board of Dir. of Sexual Assault & Response Services  
Scott Gagnon, Prevention, Healthy Androscoggin  
Robert Rogers, Kennebec Behavioral Health (phone)  
Diehl Snyder, MD (phone)

**Members Absent/Excused:**

Rep. Adam Goode  
Rep. Richard Malaby  
Darren Ripley, MAAR  
Ann Giggey, Hope House  
Thomas Leonard, School Administrative Leader

**Office of Substance Abuse and Mental Health Services:**

Geoff Miller, Associate Director, Prevention & Intervention, SAMHS.

**Guests:**

Mike, Public  
Emily Dooling, Healthy Androscoggin  
Neill Miner, Director, AdCare Maine  
Deborah Doiron, Recorder, AdCare Maine

**Substance Abuse Services Commission Meeting  
June 10, 2015  
Cross State Office Building, Room 400  
Augusta, Maine**

**MAY MINUTES**

<b>DRAFT Date:</b>	<b>June 11, 2015</b>	<b>SASC Approved:</b>	
<b>Signed:</b> Recorded by: Deborah Doiron & Neill Miner AdCare Maine			

**Meeting Convened:** 9:00 A.M.

**Adjourned:** 12:00 AM

**Meeting Convened:** By Peter McCorison

**Agenda:**

- Introductions and Public Comments, Review of the May Minutes

**New Business:**

- Emily Dooling, Healthy Androscoggin, Presentation on E-Cigarettes
- Mike, Public, Presentation on AA, Recovery and Outreach
- SAMHS Update, Geoff Miller, Associate Director
- Sheldon Wheeler Meeting with Peter McCorison, Bill Lowenstein and Scott Gagnon
- Mercy Hospital Substance Abuse Program – Westbrook

**BREAK 10 Min.**

**Old Business:**

- Update on Commission Membership List
- Prepare Agenda Items for meeting on July 8, 2015

**Meeting Adjourned: 12:00**

# **JUNE 2015 SASC Meeting Summary**

## **Peter McCorison, Chairperson**

### **Introductions, Public Comment, and Meeting Minutes Review**

Peter McCorison welcomed and thanked members and guests for coming to the meeting. Introductions were given. Peter asked if there were any public comments from the community. There were no public comments. Peter announced that he would like to add one additional item for the meeting agenda at the end of the New Business.

### **Review of May SASC Minutes:**

Peter McCorison asked the members if there were any changes or corrections to the May minutes. No comments were given. Peter motioned to approve the minutes and it was seconded by Irene Laney. There was no further discussion. The May minutes were approved by all the members present and signed by Peter McCorison, the Chairperson. Peter gave the approved minutes to Deborah Doiron and she was asked to send the approved May minutes to Anne Rogers at SAMHS for posting to the SASC section of the SAMHS website.

### **Conclusions or Actions and Responsible Lead Person; timeline if applicable:**

Deborah Doiron will forward a copy of the approved May minutes to Anne Rogers for posting on the SASC section of the SAMHS site.

### **NEW BUSINESS – June Agenda**

- **Emily Dooling, Healthy Androscoggin, Presentation on E-Cigarettes:** Emily introduced herself to the Commission members and stated that she works with Scott Gagnon at Healthy Androscoggin, as the Health Coordinator. She provided the members with handouts of her presentation and began describing each slide, as the members followed along with the copy of her presentation. The following topics were presented and discussed:
  - **Vaping & E-Cigarettes**
  - **Anatomy of E-Cigarette**
  - **Evolving Design**
  - **Hookah Pens & Sticks**
  - **Disposable E-Cigarettes**
  - **Product expansion**
  - **What's the Risk?**
  - **National Survey: More Teens Used E-Cigarettes than Traditional Cigarettes in 2014**
  - **What are the Maine Laws?**
  - **What can you do?**
  - **Summary of Some Concerns: Consumers not getting reliable information; person may receive overdose or lower doses of nicotine; product packaging not clearly describing what the content is inside these delivery systems; indoor or outdoor exposure; legal challenges;**

## **Conclusions or Actions and Responsible Lead Person; timeline if applicable:**

Emily Dooling suggested some things that can be done is to encourage worksites and local schools to include language regarding e-cigarettes and other devices in their smoke free policies. She recommended that these organizations be kept informed about these devices through accurate and up-to-date information. She also suggested that local Healthy Maine Partnerships can assist with the language creation for policies. Geoff suggested that there needs to be more research done on the product ingredients, in order to provide documentation about the risks associated with using these liquids. Geoff also mentioned the role of advocacy related to both strengthening community rules and encouraging people to make healthy choices.

### **• Mike from the Community, Presentation on AA, Recovery and Outreach:**

Mike from the community began his presentation by briefly covering what Alcoholics Anonymous (AA) stands for and what some of their requirements are for members of the organization. Mike also shared some statistics about the breadth and depth of AA, e.g., it's having 114,000 groups and 2 million members in 170 countries according to the 2010 statistics. Mike reviewed with the members some of the pamphlets and literature he had brought along with him for the presentation and told members they were welcome to take some of these materials to use as a reference. He went over some of these pamphlets and highlighted the following:

- AA Sponsorship – two people being equal in this partnership
- Group dynamics, one person tells their story
- Pamphlet for Professionals: What AA can and cannot do regarding treatment; AA is not meant to be a form of treatment, but to provide support for individuals who are entering into the recovery phase of their alcohol addiction.
- Member participation: 25,000 visits to the AA site daily
- Additional statistics: 864 AA groups in Maine, 65,000 groups in the US, 70 languages; all done on a 14 million dollar budget;
- Overview of 12 Steps as suggestions and 12 traditions
- AA: a group that is focused primarily on alcohol vs drug addiction
- The difference between open and closed AA meetings
- General Service Office publication; completely transparent; gives all the budget information
- Reference to the book Chasing the Scream by Author Joanne Hari

Ann Dorney asked about who could become a sponsor? Mike stated that anyone with a certain amount of sobriety would be allowed to guide another person in AA. Peter McCorison mentioned some guidelines about the sponsor relationship he would follow. These would include picking a sponsor whom you respect, probably the same sex, and then focus on the sponsor's message. Ann Dorney mentioned a recent article she had read called, "The Irrationality of Alcoholics Anonymous." She found it to be a thought provoking article. The group then offered many thoughts on the subject of AA as a support system. Geoff mentioned he

felt AA and Ala-non gives people a very good support system. Bill mentioned that AA has been in existence for quite a while in the State of Maine and has been able to maintain itself very well. He wondered why he has seen other self-help organizations have problems related to sustainability. Mike mentioned that he thought that the employees of treatment agencies should be better educated regarding what AA is and does. Ann Dorney stated that some of her drug addicted patients have received a lot of support from AA meetings.

**Conclusions or Actions and Responsible Lead Person; timeline if applicable:**

N/A

- **SAMHS Update - Geoff Miller, Associate Director, Prevention & Intervention, SAMHS:**
  - 1) **Legislative Session** – Geoff stated that SAMHS has been following the budget negotiations and will have to wait until the budget passes in order to give members an accurate view of what is funded and what is not in the new fiscal year. He will go over this information with members at the July meeting.
  - 2) **Contracts** – paperwork process keeps changing – The new Rider A format, and different levels of scrutiny of individual contracts, are now in place. There have been additional requests of information, which has made the contracting process more complex. State government has crafted baselines for success, measurement of improvements and performance measures for each the contract.
  - 3) **RFP's** – this process is also going through another level of scrutiny; the RFP for Crisis Services has been under development and review for a long time. It should be released soon for providers to review and begin the bidding process.
  - 4) **Prevention Services** – still waiting to hear on the status of the Partnership for Success Grant that has been submitted to SAMHSA. Maine SAMHS submitted an application and should hear back in August or September.
  - 5) **Gambling** – Prevention still moving forward with the Gambling Board and reimbursement for treatment services for selected client populations.
  - 6) **Marijuana advertisements** – these are being promoted through MaineParents.net.
  - 7) **Marijuana Bills** - #1380 and #1401, Ought Not To Pass. If bill proposing a referendum passes, SAMHS will need to look at the impact this will have on the State of Maine financially.
  - 8) **Intervention** – SAMHS recently hired a new Corrections Intensive Case Manager.
  - 9) **DEEP** – Looking to pilot the use of Prime Solutions, a treatment approach that mirrors what OUI offenders are taught in the DEEP educational classes, in selected locations across the State of Maine.
  - 10) **Crisis Services** – waiting for budget to pass before releasing the RFP.
  - 11) **Treatment Services** – discussed waiver process and working with MaineCare.
  - 12) **Budget and MAT Services:** reductions in access to methadone treatment have been proposed. There is a significant need for increased availability for Suboxone through primary care providers. Ann suggested that a requirement be crafted that would arrange for medical practitioners while still in residency status, to become Suboxone certified. Irene Laney mentioned the Healthy Acadia – Hub & Spoke model program, and noted that it is really moving forward. Staff are receiving free trainings. The program is

working to address stigma linked to use, and to encourage more physicians to participate. Recovery coaching is being developed.

- 13) **New Hires** – Recovery Manager, Matt Wells – The Commission would like to invite him to do a presentation to Commission members; the new Treatment Manager should be announced this week; three other open positions are going through the pre-approval process – one Field Service Manager, Region II, and two positions in the Information and Resource Center.

- **Sheldon Wheeler Meeting, which included Peter McCorison, Bill Lowenstein and Scott Gagnon – The group used the letter the SASC sent to Sheldon as a guide for the topics of discussion during the phone meeting:**

- 1) Sheldon Wheeler no longer in Acting Capacity and has been officially hired as the Director of SAMHS;
- 2) A good working relationship is developing between SAMHS and the SASC;
- 3) Marijuana paper – unbiased document needs to be use in the referendum process;
- 4) Staffing issues;
- 5) There is a need to recruit physicians to participate in Suboxone treatment; 500 physicians are certified, but only 200 actually doing the prescribing
- 6) Possibility of more funds to address service needs.

Geoff Miller suggested there would need to be some strategic internal meetings with BABLO, CDC, DAFTS, DEA and SAMHS in the new year.

### **Conclusions and ACTION STEPS:**

- 1) Continue to work with SAMHS for the next few months on the potential costs of further decriminalization of marijuana
- 2) Continue creating an effort to bring behavioral health providers together with physical health providers to increase access to medicated assisted recovery
- 3) Recovery – invite Matt Wells to come to a Commission Meeting and work on the SAMHS Recovery web page
- 4) Recap of the legislation – Scott Gagnon, Healthy Androscoggin

- **Mercy Hospital Substance Abuse Program – Westbrook**

**Discussion:** The Commission members discussed the great loss of Mercy Hospital's Substance Abuse Program, located in Westbrook and how this will likely impact the surrounding community and resources for treatment.

- **Other topics discussed:**

Overdose data collection - Peter McCorison stated that it would be good to collect data on individuals who have overdosed, but did not die from the overdose incident. Neill Miner stated that the police departments keep a count on their police log of the number of overdose cases

Women's Celebration in Recovery Conference held in May – Bill updated the members on the conference

**BREAK 10 minutes**

**OLD BUSINESS:**

- **Update on Commission Membership List:**

Peter McCorison connected with Tyler Lamensky; three people have submitted applications – Brion Gallagher, Matthew Braun for #17 post-secondary position; Ann Dorney for the #7 physician position;

Other open positions include:

Attorney

Education Practitioner, First and Secondary, 3 seats available

**Conclusions or Actions and Responsible Lead Person:**

Peter McCorison will continue to be in contact with Tyler Lamensky regarding adding the new members to the Commission.

- **Prepare Agenda Items for meeting on July 8, 2015**

SAMHS Update

MAT Needs

SAMHS Recovery

**Next Meeting Location:**

DHHS Building, 41 Anthony Avenue, Augusta, Me.

Conference Room C

Wednesday, July 8, 2015

9:00 AM to 12:00 Noon

**Meeting Adjourned: 12:00**